

GUIDE TO: CAT ALLERGIES

Did you know: Allergies are not actually linked to specific breeds but the individual production of the allergen which varies from cat to cat.



Cat Hair is NOT the Cause of Allergies to Cats

Allergens are produced primarily in the cat's salivary and skin glands. These are responsible for triggering a reaction in allergic individuals. These allergens are transferred to the hair and skin when a cat grooms & spreads into the environment on shed hair and dander. Although the cat's hair can carry the allergens, the hair itself is not the originating cause of allergies to cats.

There Are No Allergen-Free Or "Hypoallergenic" Cats
While "hypoallergenic" technically means less allergenic, many people use it to imply "allergen-free."

Although allergen production varies widely among individual cats, and can vary throughout the year in an individual, all cats produce Fel d 1 (the major cat allergen) regardless of breed

Hair Color And Length Have No Influence On Allergen Production

A myth exists that suggests cats with darker colored hair and those with longer hair are more likely to trigger allergies than cats with lighter colored or shorter hair. However, hair color and length have no influence on allergen production in cats.

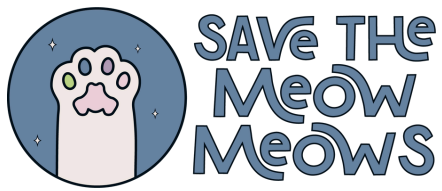
Sex Is The Only Physical Characteristic That Relates To Allergen Production

It has been shown that intact male cats generally produce higher levels of allergens than sterilized/neutered male cats & female cats (regardless of spay status). However, each cat's level of Fel d 1 varies based on genetics, and an intact male cat could potentially produce less Fel d 1 than others.

Cat Allergies Don't Have to Keep You From Owning a Cat

When you suffer from pet allergies, you can work to reduce your allergic reactions. For quick help with symptoms, take an antihistamine or limit exposure at first. Some people will naturally develop a tolerance over time. Gradual exposure may lead to a reduction in allergic reactions for some, but it is not a guaranteed way to develop immunity.

Immunotherapy, which involves regular exposure to small doses of the allergen, is a proven method to retrain the immune system and build tolerance. If an OTC medication doesn't reduce your immediate symptoms, talk to your doctor about creating a treatment plan that will be more effective for you.



CAT ALLERGIES at Home

To test it out a STMM kitty at home, we would recommend doing a foster -> adopt trial run to see how things go with them.

There are also some great products that are effective these days such as Pacagen food additive and Purina Live Clear which you just feed the cat and it reduces the allergen since it comes from their saliva.

Keeping the space clean can help alleviate some triggers as well. Washing soft materials & maintaining surfaces (especially ones frequented by the kitty) can reduce allergens in the home. Hypoallergenic wipes, air purifiers and grooming are also very helpful!

